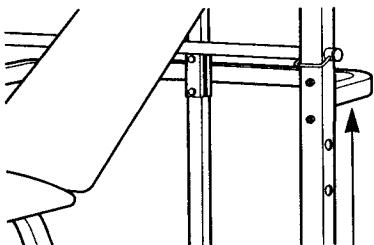


WEIDER® 150

Model No. WEBE15060

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (Under Cross Brace)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

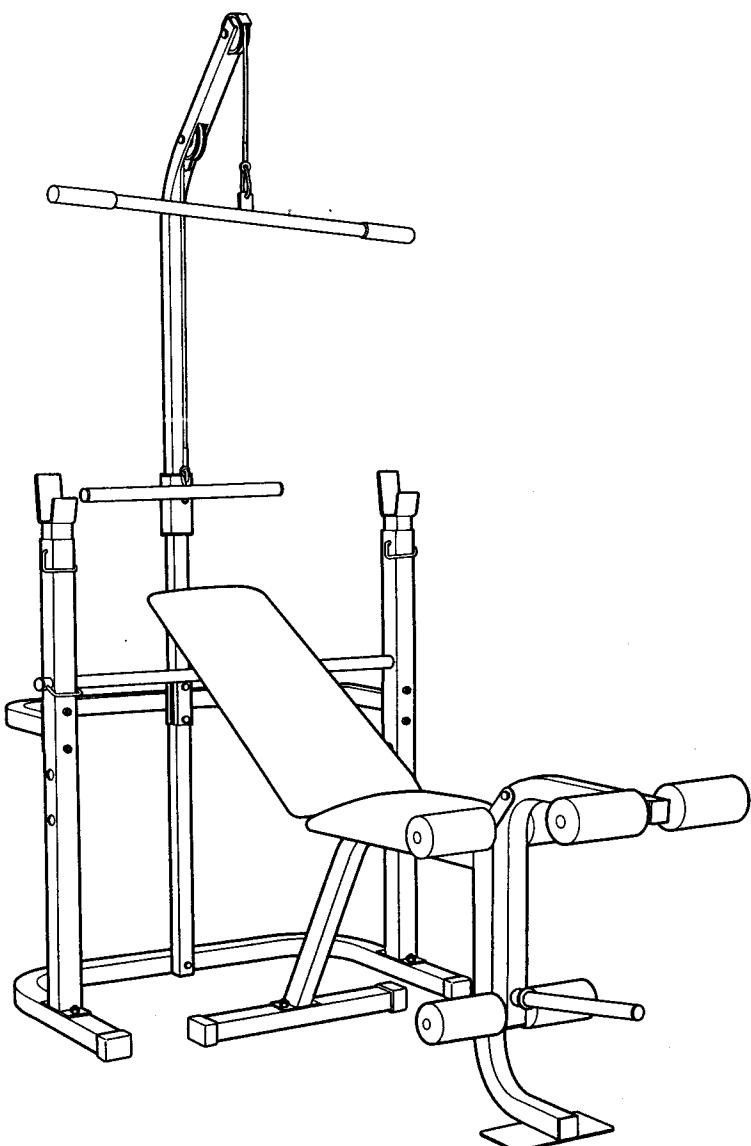
TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

PATENT PENDING



USER'S MANUAL

TABLE OF CONTENTS

LIMITED WARRANTY2
IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
PART IDENTIFICATION CHART5
ASSEMBLY6
ADJUSTING THE WEIGHT BENCH12
EXERCISE GUIDELINES14
PART LIST18
EXPLODED DRAWING19
ORDERING REPLACEMENT PARTS	Back Cover

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

WEIDER is a trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep small children and pets away from the weight bench at all times.
6. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.
7. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
8. Always wear athletic shoes for foot protection while exercising.
9. Always sit on the backrest when using the lat tower (see drawing C on page 13).
10. Keep hands and feet away from moving parts.
11. Do not use a barbell longer than five feet with the weight bench.
12. The weight bench does not include weights. The weight bench is designed to support a maximum of 300 pounds, including the user, a weight bar and weights. Do not place more than 150 pounds, including a weight bar and weights, on the weight rests; do not place more than 120 pounds on the leg lever; do not place more than 120 pounds on the weight carriage.
13. When using the backrest in the level position or in an inclined position, make sure that the support rod is inserted completely through both uprights, and that the adjustment tube is turned to the locked position.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
16. Never release the lat bar while the weight carriage is raised. The weight carriage will fall with great force.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

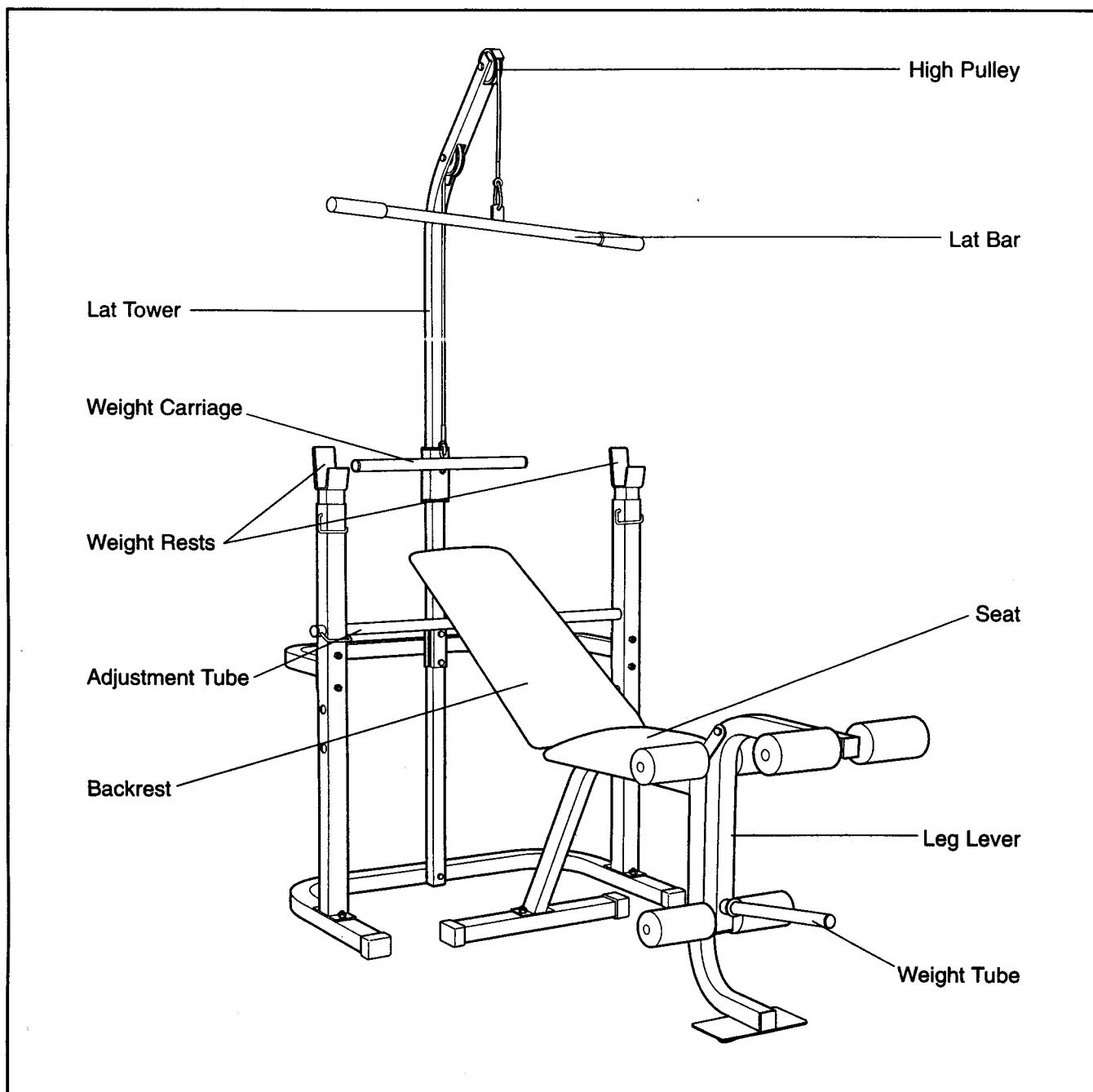
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 150 Weight Bench. The versatile WEIDER® 150 Weight Bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 150 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® 150 Weight Bench. If you have additional questions, please call our Customer Service

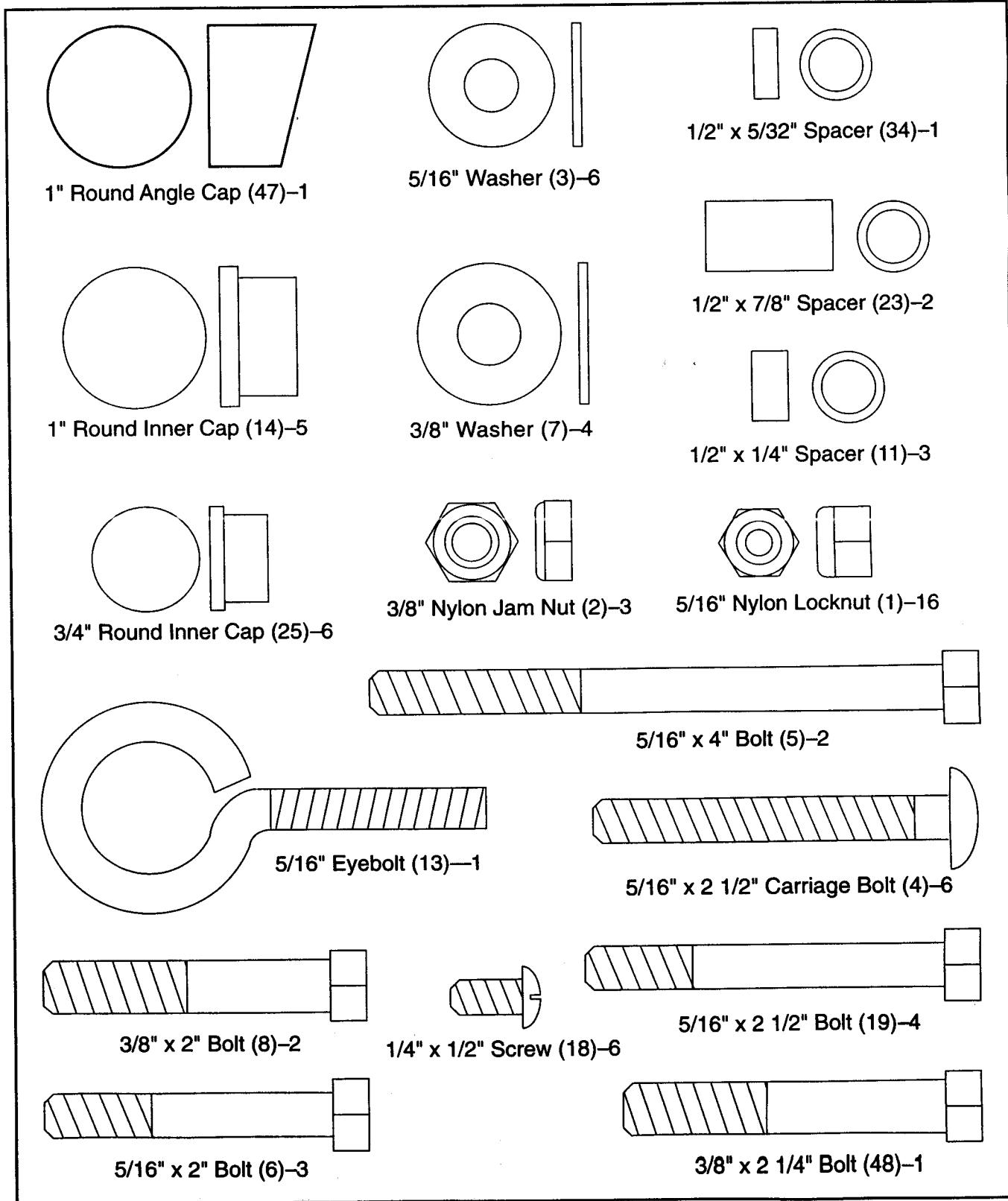
Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE15060. The serial number can be found on a decal attached to the WEIDER® 150 Weight Bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the WEIDER® 150 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART** on the previous page. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the WEIDER® 150, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches
- One (1) standard screwdriver
- One (1) rubber mallet
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

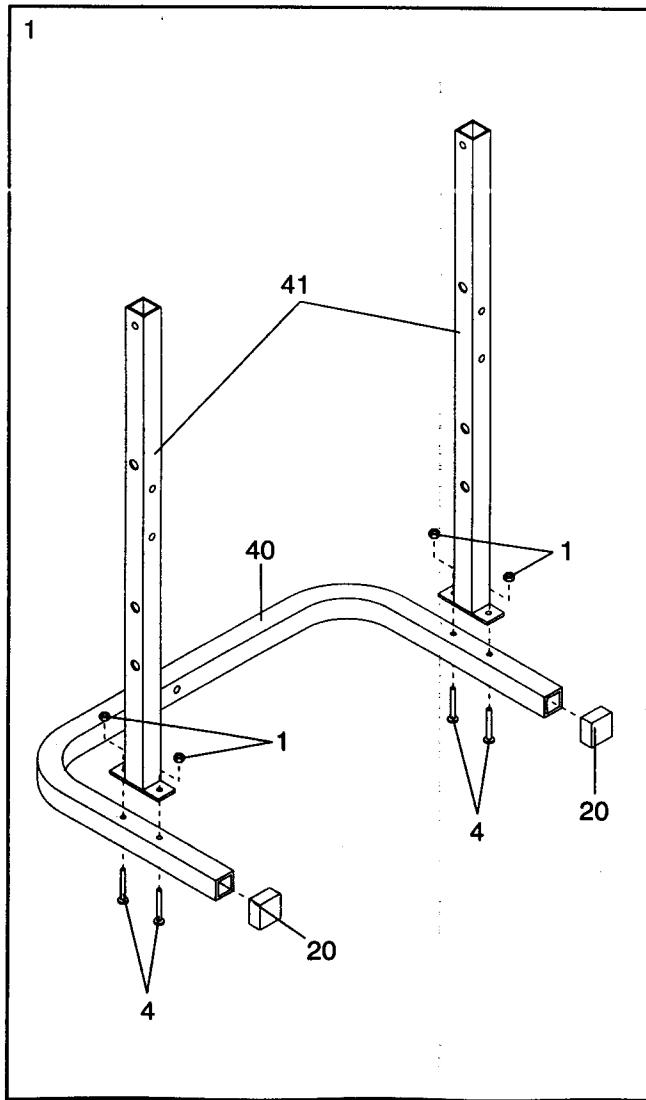
1. **Before assembling this product, be sure that you have read and understand the information in the box above.**

Press a 2" Square Outer Cap (20) onto each side of the Base (40).

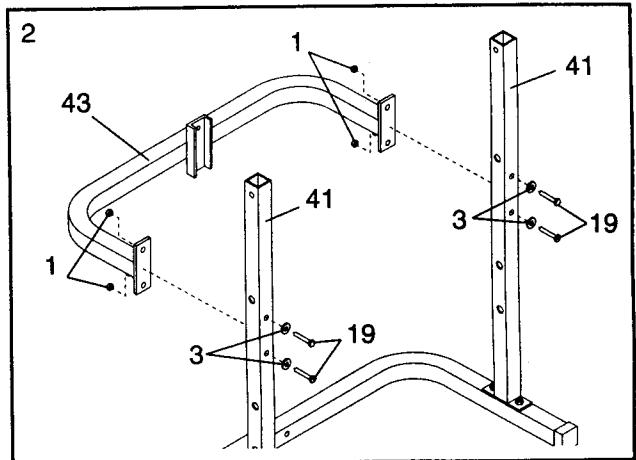
Insert four 5/16" x 2 1/2" Carriage Bolts (4) up through the Base (40).

Slide an Upright (41) onto one set of 5/16" x 2 1/2" Carriage Bolts (4) in the Base (40). Hand-tighten a 5/16" Nylon Locknut (1) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

Attach the other Upright (41) to the Base (40) in the same manner.

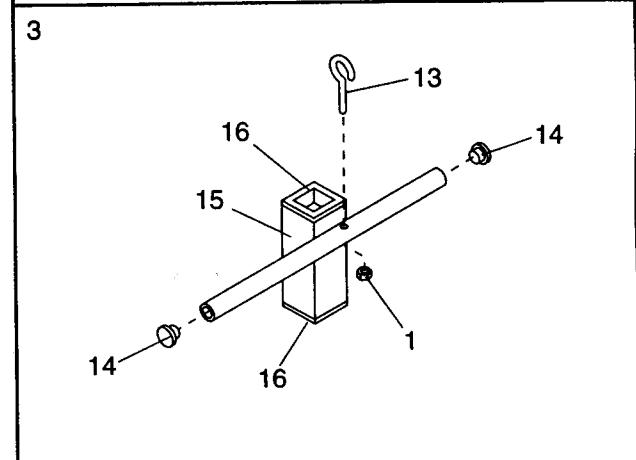


2. Attach the Cross Brace (43) to both Uprights (41) with four 5/16" x 2 1/2" Bolts (19), four 5/16" Washers (3), and four 5/16" Nylon Locknuts (1). **Do not tighten the Nylon Locknuts yet.**



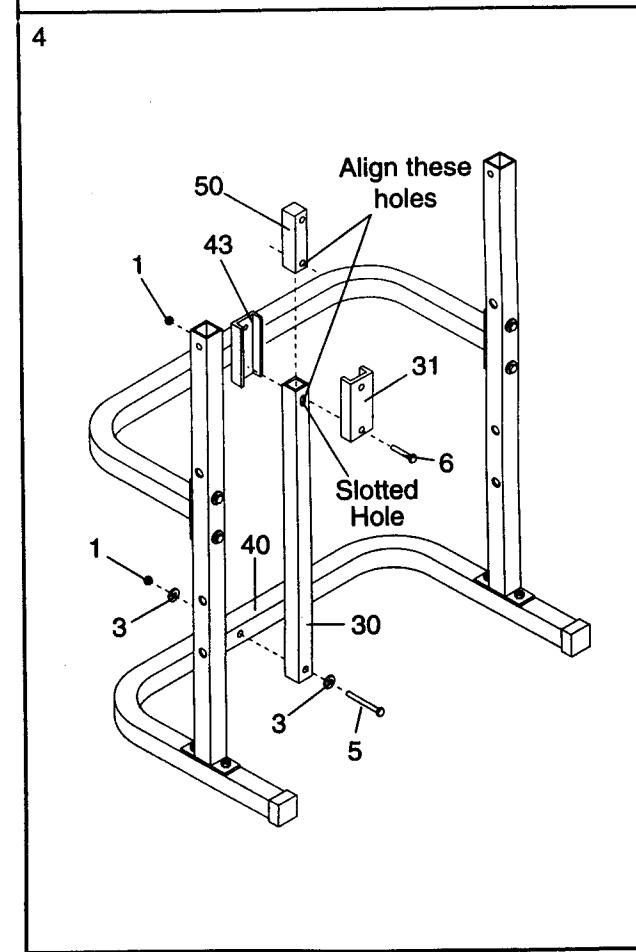
3. Press a 1" Round Inner Cap (14) into each side of the Weight Carriage (15). Be sure that there is a 2" Square Bushing (16) in the top and bottom of the Weight Carriage.

Insert the 5/16" Eyebolt (13) through the hole in the Weight Carriage (15) from the direction shown. Tighten a 5/16" Nylon Locknut (1) onto the Eyebolt.



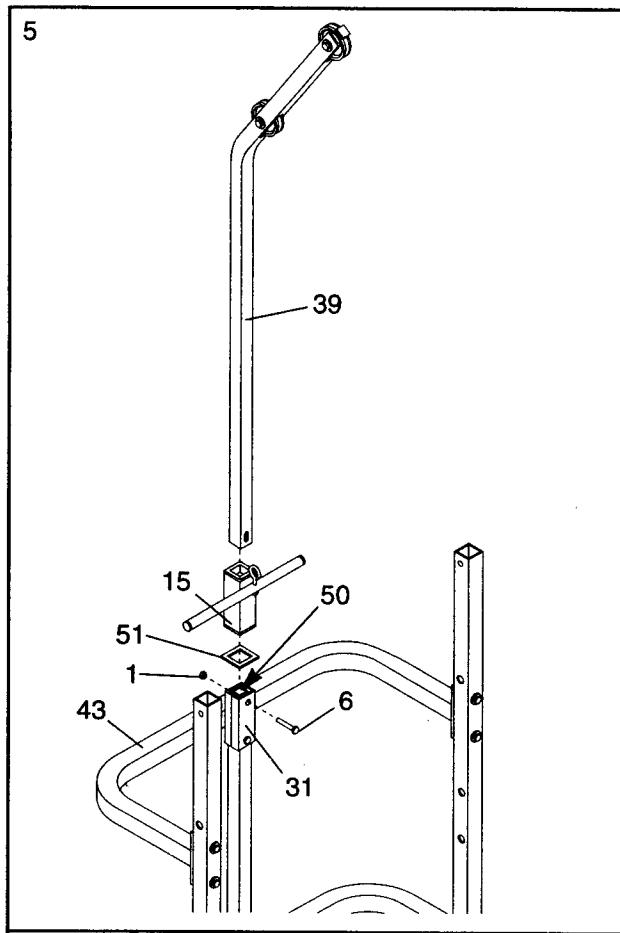
4. Attach the Lower Lat Tower (30) to the Base (40) with a 5/16" x 4" Bolt (5), two 5/16" Washers (3), and a 5/16" Nylon Locknut (1). **The end of the Lower Lat Tower with the slotted hole must be on top. Do not tighten the Nylon Locknut yet.**

Insert the Connector Tube (50) into the Lower Lat Tower (30) and align the indicated holes. Attach the Lower Lat Tower and Connector Tube to the Cross Brace (43) with the Connector Plate (31), a 5/16" x 2" Bolt (6), and a 5/16" Nylon Locknut (1). **Do not tighten the Nylon Locknut yet.**

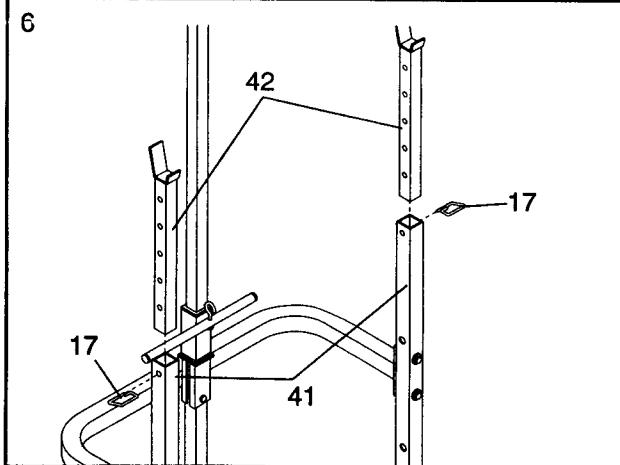


5. Slide the Weight Carriage (15) and the 2 3/8" Square Washer (51) onto the Upper Lat Tower (39). **The Weight Carriage must be turned as shown.** Slide the Upper Lat Tower onto the Connector Tube (50). **The Upper Lat Tower must be turned as shown.** Attach the Upper Lat Tower, the Connector Tube, the Cross Brace (43), and the Connector Plate (31), with a 5/16" x 2" Bolt (6) and a 5/16" Nylon Locknut (1).

Tighten all the Nylon Locknuts used in steps 1, 2, 4, and 5 now.

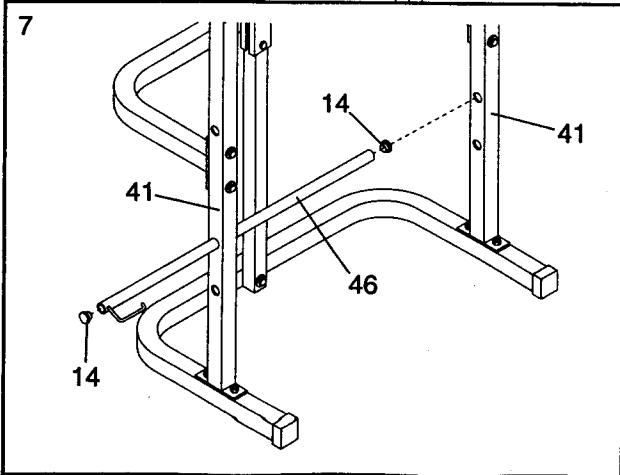


6. Insert a Weight Rest (42) into each Upright (41). Align one set of holes in a Weight Rest with the holes in the Upright. Insert a Lock Pin (17) through the Upright and the Weight Rest. Insert a Lock Pin into the other Upright and Weight Rest. **Be sure that both Weight Rests are set at the same height. The Lock Pins should be turned so that they clip onto the Uprights.**

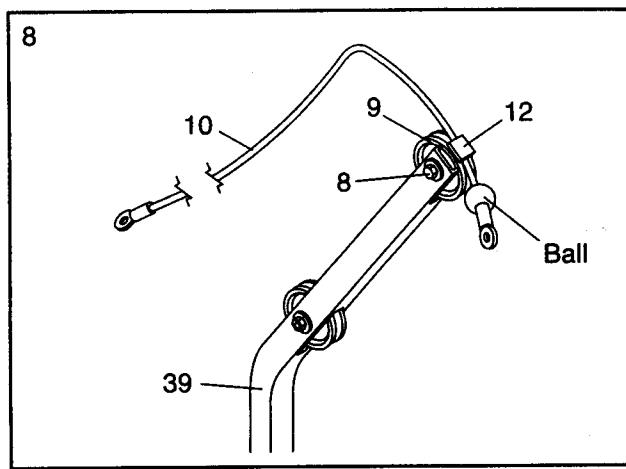


7. Press a 1" Round Inner Cap (14) into each end of the Adjustment Tube (46).

Insert the Adjustment Tube (46) through one set of holes in the Uprights (41). Rotate the Adjustment Tube to the locked position, with the end of the Adjustment Tube clipped onto the Upright.

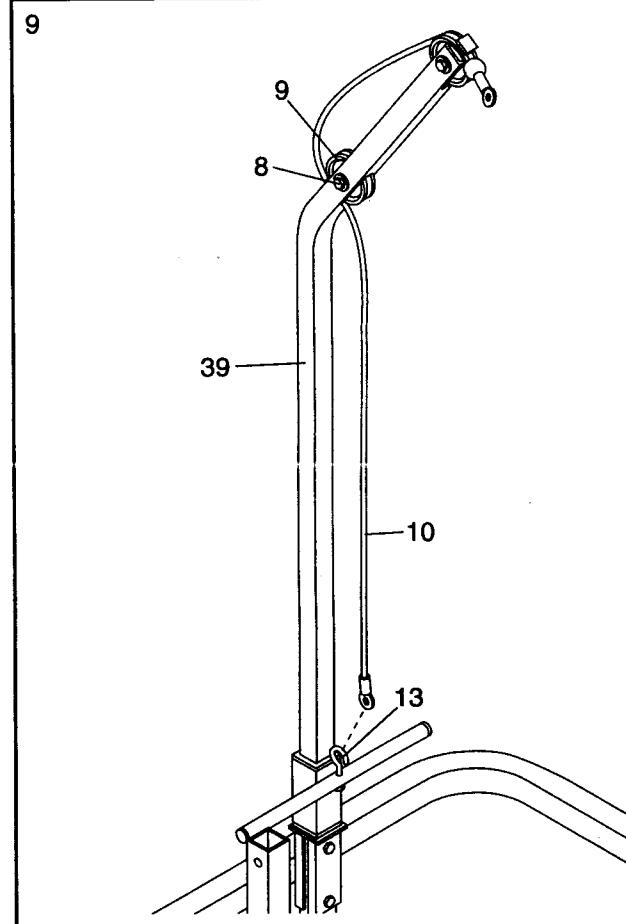


8. Loosen the 3/8" x 2" Bolt (8) and the 3/8" Nylon Jam Nut (not shown). Route the Cable (10) under the Cable Trap (12) and around the Pulley (9). **The ball must be on the indicated side of the Cable Trap and Upper Lat Tower (39).** Tighten the 3/8" x 2" Bolt and the 3/8" Nylon Jam Nut. **Do not overtighten the Bolt; the Cable and Pulley must be able to move smoothly.**



9. Route the Cable (10) around the other Pulley (9) and through the opening in the Upper Lat Tower (39). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

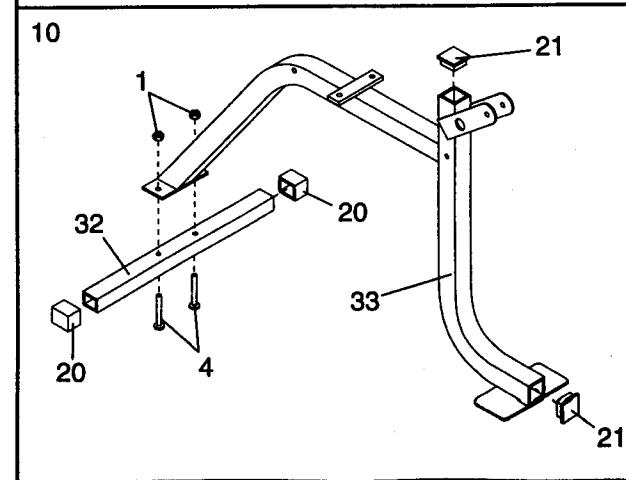
Attach the end of the Cable (10) to the 5/16" Eyebolt (13).



10. Press a 2" Square Outer Cap (20) onto each end of the Stabilizer (32).

Attach the Stabilizer (32) to the Bench Frame (33) with two 5/16" x 2 1/2" Carriage Bolts (4) and two 5/16" Nylon Locknuts (1).

Press two 1 1/2" Square Inner Caps (21) into the Bench Frame (33).

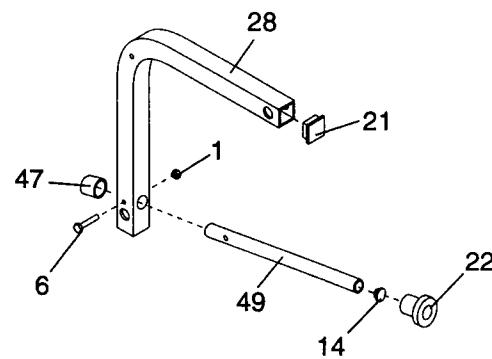


11. Tap a 1 1/2" Square Inner Cap (21) into the indicated end of the Leg Lever (28).

Attach the Weight Tube (51) to the Leg Lever (28) with a 5/16" x 2" Bolt (6) and a 5/16" Nylon Locknut (1) as shown.

Tap a 1" Round Inner Cap (14) into the indicated end of the Weight Tube (49). Tap the 1" Round Angle Cap (47) onto the other end of the Weight Tube. Slide a Weight Stop (22) onto the Weight Tube.

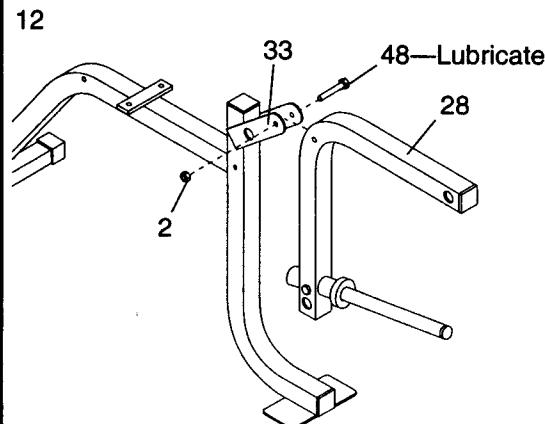
12. Lubricate the 3/8" x 2 1/4" Bolt (48). Attach the Leg Lever (28) to the Bench Frame (33) with the Bolt and a 3/8" Nylon Jam Nut (2).



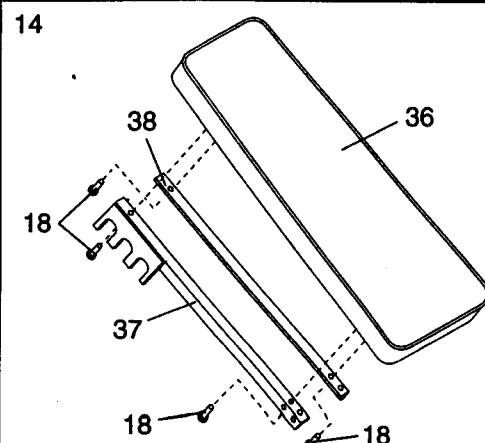
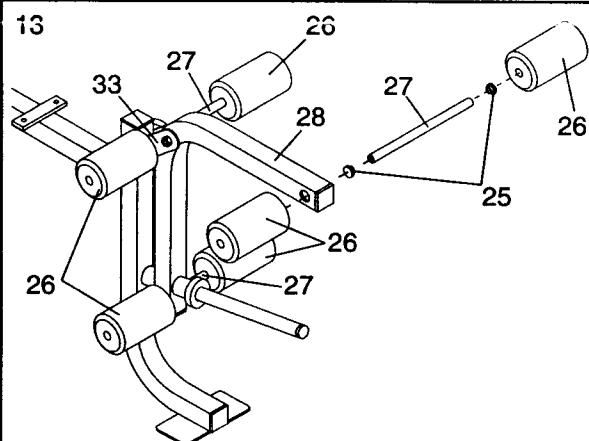
13. Tap 3/4" Round Inner Caps (25) into each end of the three Pad Tubes (27).

Insert a Pad Tube (27) through the indicated hole in the Bench Frame (33). Insert the remaining Pad Tubes through the holes in the Leg Lever (28).

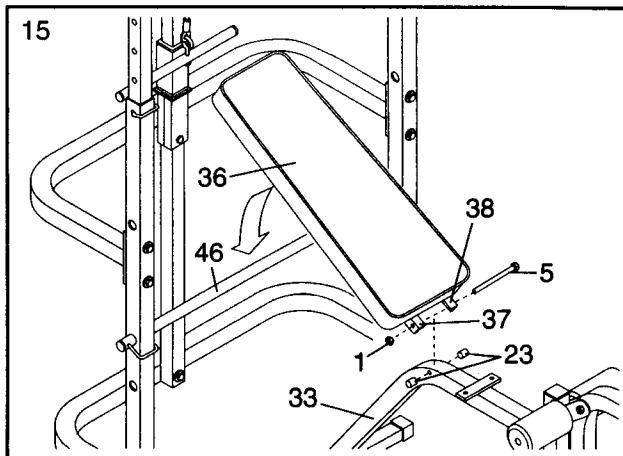
Slide two Foam Pads (26) onto each Pad Tube (27).



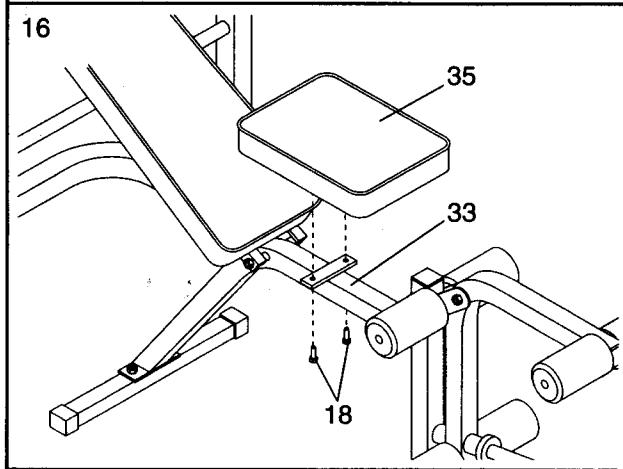
14. Attach the Backrest Bracket (38) to the Backrest (36) with two 1/4" x 1/2" Screws (18). Attach the Adjustment Backrest Bracket (37) to the Backrest (36) with two 1/4" x 1/2" Screws (18). **Make sure that the Backrest Bracket, the Adjustment Backrest Bracket, and the Backrest are oriented as shown.**



15. Attach the Backrest Bracket (37) and the Adjustment Backrest Bracket (38) to the Bench Frame (33) with the 5/16" x 4" Bolt (5), the two 1/2" x 7/8" Spacers (23), and a 5/16" Nylon Locknut (1). Rest the Backrest (36) on the Adjustment Tube (46). **Make sure that the Adjustment Tube is firmly seated in one of the slots in the Adjustment Backrest Bracket (37).**



16. Attach the Seat (35) to the bracket on the Frame (33) with two 1/4" x 1/2" Screws (18).



17. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in **ADJUSTING THE WEIGHT BENCH**, beginning on page 12 of this manual.

ADJUSTING THE WEIGHT BENCH

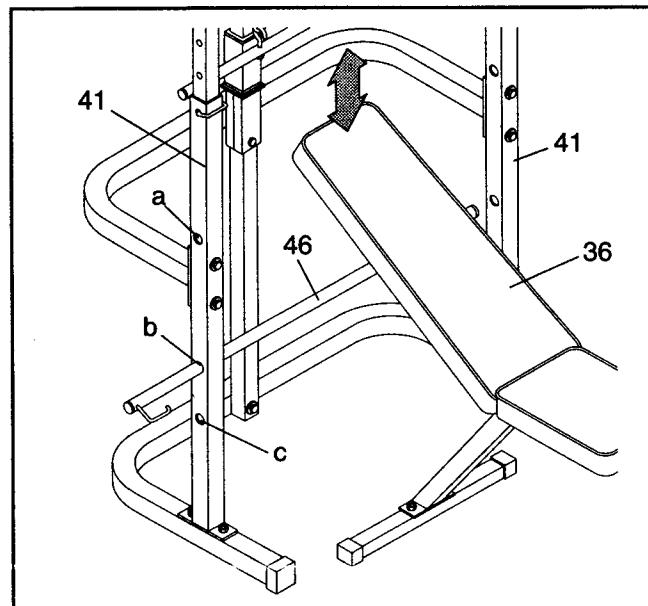
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 14 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

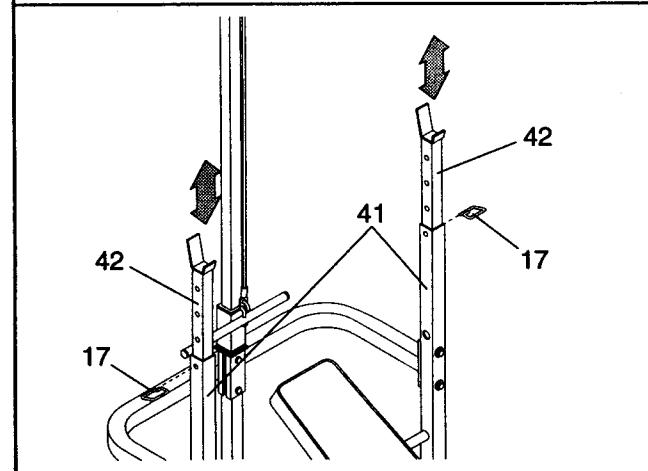
The Backrest (36) can be set at three different positions: the incline position (a), the level position (b), and the decline position (c).

To change the position of the Backrest (36), move the Adjustment Tube (46) to a different set of adjustment holes in the Uprights (41). Rotate the Adjustment Tube to the locked position, with the end of the Adjustment Tube clipped onto the Upright. Lay the Backrest on the Adjustment Tube. **Make sure that the Adjustment Tube is firmly seated in one of the slots in the Adjustment Backrest Bracket (not shown).**



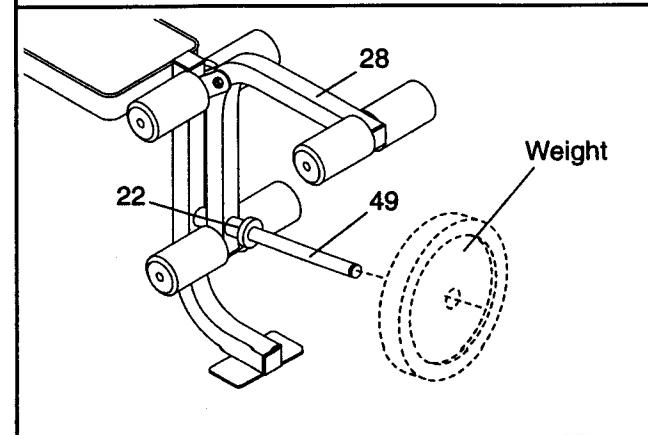
ADJUSTING THE WEIGHT RESTS

To perform certain exercises, the Weight Rests (42) must be adjusted. To change the position of the Weight Rests, remove the Lock Pins (17) and set the Weight Rests to the desired height. Align one of the holes in each Weight Rest with the small hole in the Uprights (41). Insert the Lock Pins through the Uprights and the Weight Rests. Rotate the Lock Pins to the locked position, with the Lock Pins clipped onto the Uprights. **IMPORTANT: For safety, make sure that both Weight Rests are at the same height.**



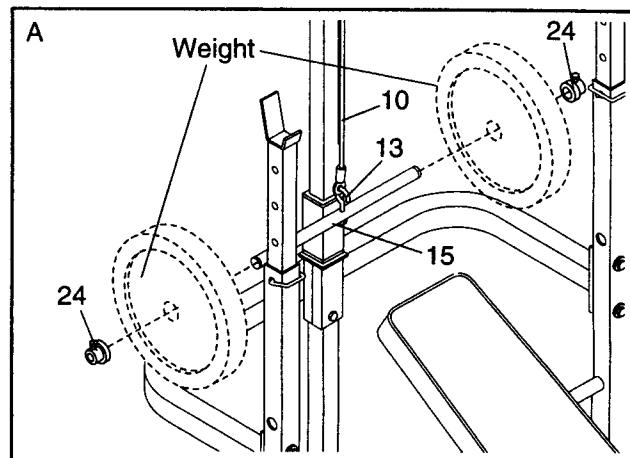
ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (28), be sure that there is a Weight Stop (22) onto the Weight Tube (49). Next, slide the desired weights (not included) onto the Weight Tube. **WARNING: Do not place more than 120 pounds on the Leg Lever.**

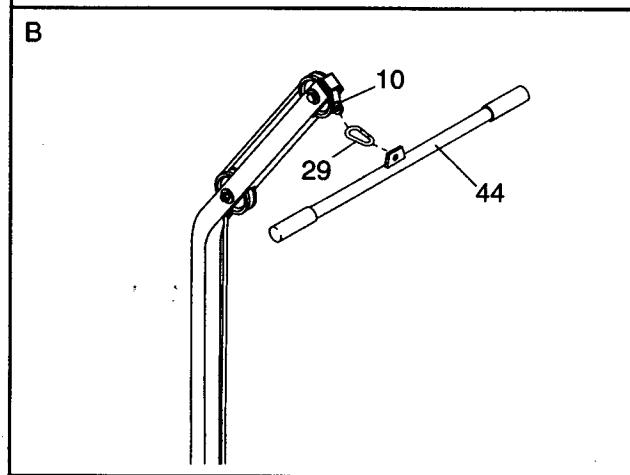


USING THE WEIGHT CARRIAGE AND THE HIGH PULLEY STATION

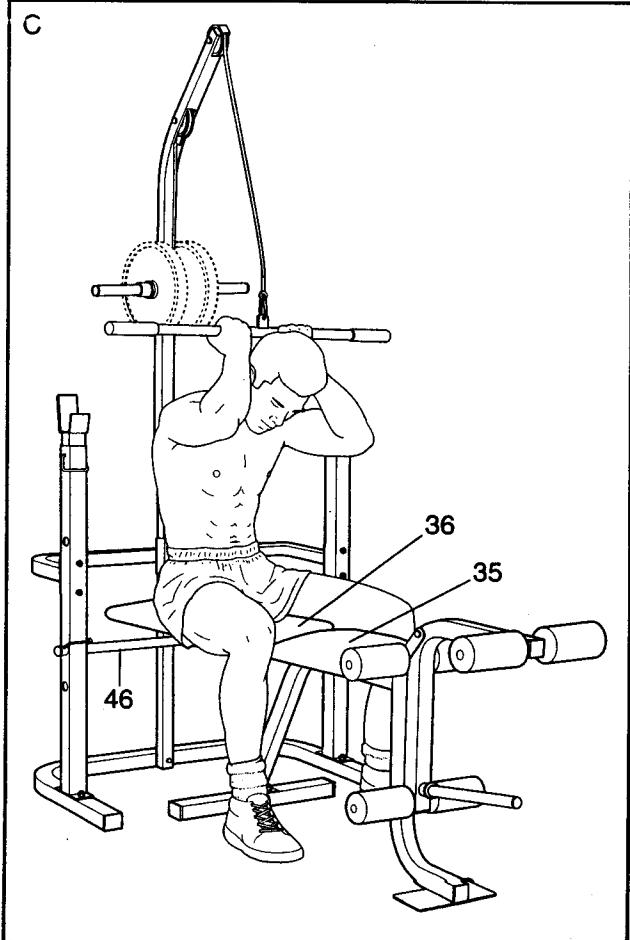
See drawing A. To use the high pulley station, first make sure that the Cable (10) is attached to the 5/16" Eyebolt (13). Then slide the desired amount of weight (not included) onto the weight tube. Secure the weights with the Weight Collars (24). **Do not place more than 120 pounds on the Weight Carriage.**



See drawing B. Attach the Lat Bar (44) to the Cable (10) with a Cable Clip (29).



See drawing C. **IMPORTANT:** Always sit on the Backrest (36) when using the Lat Bar (44). The Backrest must be in the level position (see ADJUSTING THE BACKREST on the previous page). The user's body weight should be centered on the Backrest between the Adjustment Tube (46) and the Seat (35). **Do not sit on the Seat.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

• Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

• Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

• Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for each exercise. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 13 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is also important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you

are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

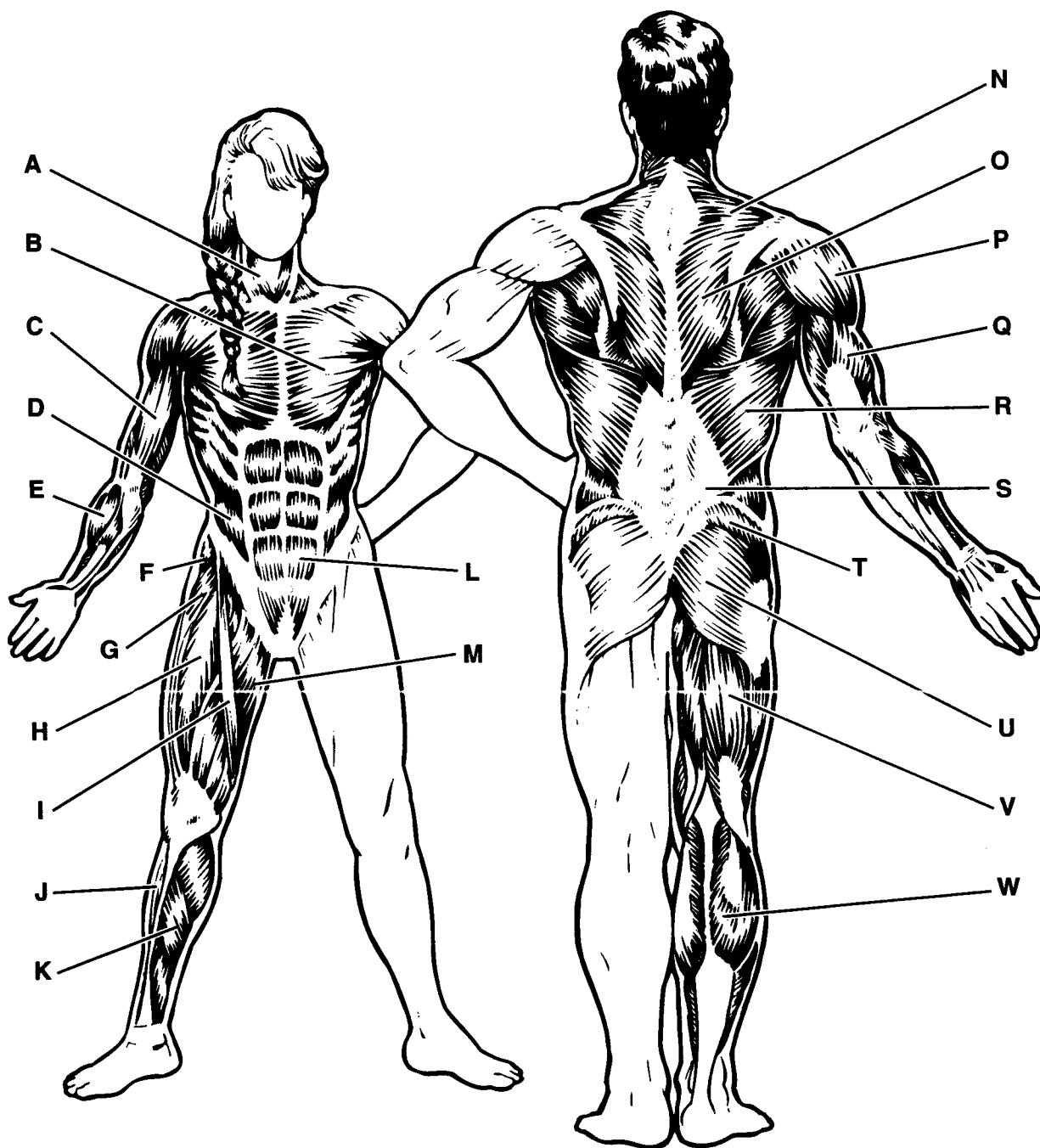
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 17 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, amount of weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART



- | | | |
|--------------------------------|--------------------------------------|---------------------------------|
| A. Sternomastoid (neck) | I. Sartorius (front of thigh) | Q. Triceps (back of arm) |
| B. Pectoralis Major (chest) | J. Tibialis Anterior (front of calf) | R. Latissimus Dorsi (mid back) |
| C. Biceps (front of arm) | K. Soleus (front of calf) | S. Spinae Erectors (lower back) |
| D. Obliques (waist) | L. Rectus Abdominus (stomach) | T. Gluteus Medius (hip) |
| E. Brachioradials (forearm) | M. Adductor (inner thigh) | U. Gluteus Maximus (buttocks) |
| F. Hip Flexors (upper thigh) | N. Trapezius (upper back) | V. Hamstring (back of leg) |
| G. Abductor (outer thigh) | O. Rhomboideus (upper back) | W. Gastrocnemius (back of calf) |
| H. Quadriceps (front of thigh) | P. Deltoid (shoulder) | |

MONDAY	EXERCISE	WEIGHT	SETS	REPS

TUESDAY AEROBIC EXERCISE

Date:

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS

THURSDAY AEROBIC EXERCISE

Date:

FRIDAY	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. WEBE15060

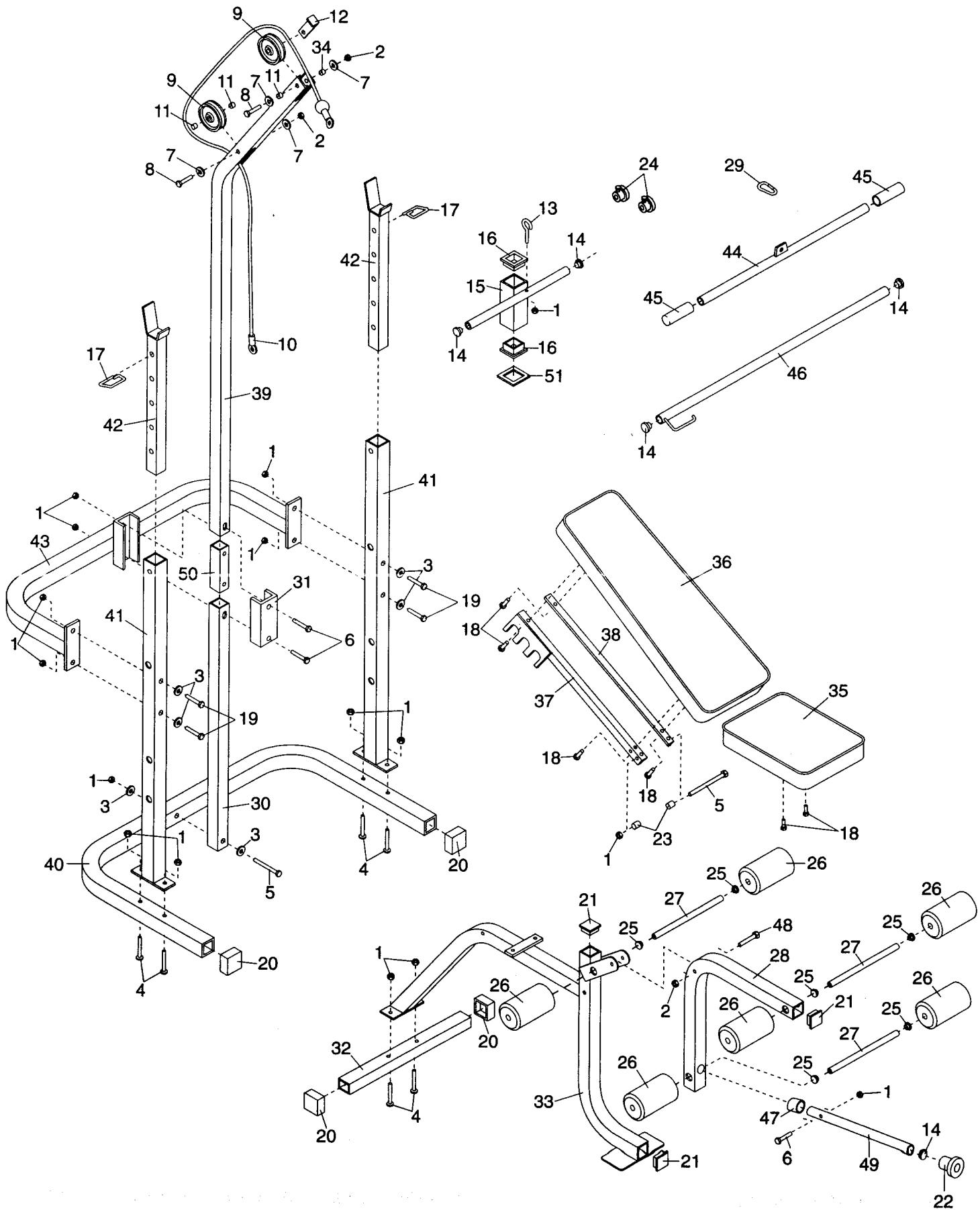
R0796A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	16	5/16" Nylon Locknut	28	1	Leg Lever
2	3	3/8" Nylon Jam Nut	29	1	Cable Clip
3	6	5/16" Washer	30	1	Lower Lat Tower
4	6	5/16" x 2 1/2" Carriage Bolt	31	1	Connector Plate
5	2	5/16" x 4" Bolt	32	1	Stabilizer
6	3	5/16" x 2" Bolt	33	1	Bench Frame
7	4	3/8" Washer	34	1	1/2" x 5/32" Spacer
8	2	3/8" x 2" Bolt	35	1	Seat
9	2	Pulley	36	1	Backrest
10	1	Cable	37	1	Adjustment Backrest Bracket
11	3	1/2" x 1/4" Spacer	38	1	Backrest Bracket
12	1	Cable Trap	39	1	Upper Lat Tower
13	1	5/16" Eyebolt	40	1	Base
14	5	1" Round Inner Cap	41	2	Upright
15	1	Weight Carriage	42	2	Weight Rest
16	2	2" Square Bushing	43	1	Cross Brace
17	2	Lock Pin	44	1	Lat Bar
18	6	1/4" x 1/2" Screw	45	2	Handgrip
19	4	5/16" x 2 1/2" Bolt	46	1	Adjustment Tube
20	4	2" Square Outer Cap	47	1	1" Round Angle Cap
21	3	1 1/2" Square Inner Cap	48	1	3/8" x 2 1/4" Bolt
22	1	Weight Stop	49	1	Weight Tube
23	2	1/2" x 7/8" Spacer	50	1	Connector Tube
24	2	Weight Collar	51	1	2 3/8" Square Washer
25	6	3/4" Round Inner Cap	#	1	User's Manual
26	6	Foam Pad	#	1	Exercise Poster
27	3	Pad Tube			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WEBE15060

R0796A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE15060).
2. The NAME of the product (WEIDER® 150 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 10 of this manual).